



TPLO Discharge Instructions

INCISIONAL CARE:

Please monitor your pet's incision twice daily for the first 10-14 days after surgery. Some minor swelling, drainage, and bruising are to be expected, but if it increases or seems excessive please contact us or your Veterinarian immediately.

EXERCISE RESTRICTION:

Your pet will need to have restricted activity and be under confinement to ensure appropriate healing; the time period varies but is usually 6-12 weeks. This means that he or she should be confined to a small room or kennel with a good non-slip surface at all times. Dogs may be taken outside for elimination only, using a sling support when walking on any slick surface and on steps until your pet has been released by Dr. Stoll or your Veterinarian.

In addition, confinement will reduce the amount of calories burned by your pet and you may need to decrease their diet by 25%.

WHAT TO LOOK FOR:

Incision complications can be very serious; therefore it is important to keep your pet from licking the incision line. When not directly supervised, it will be necessary for your pet to wear an Elizabethan Collar (e-collar).

Inflammation and swelling of the surgical site can occur post-operatively and in some cases can even form a seroma (fluid accumulation at a surgical site). Compresses will help decrease the chances of these complications and can help decrease the size of a seroma if one were to occur. If you notice excessive redness, swelling, bruising or discharge at the surgical site, or if the incision appears to be opening, please do not hesitate to contact us. We can help determine if what you are seeing is normal for the stage of healing or if further intervention will be necessary.

AT HOME PHYSICAL THERAPY EXERCISES:

After 48-72 hours, please start performing range of motion exercises 2-3 times a day. You want to be careful the first time you perform these exercises as some patients will become agitated, vocalize, or in rare cases bite. Range of motion exercises may be performed standing or lying down depending on your pet. You will put the surgical leg through a "bicycle" motion. This is done by placing one hand on the foot, below the ankle, and one hand in front of and above the knee. You will bend (flex) the knee toward the body, hold for a few seconds (up to ten), then straighten (extend) the leg to a normal position or slightly straighter. Push the leg until you get resistance, but don't push to the point where there is



discomfort. You will perform these for 20-30 repetitions. If your pet resists too much or vocalizes during these exercises, please [contact us](#) immediately.

FOLLOW UP:

Your pet will be sent home on an anti-inflammatory and antibiotic and possibly additional medication. It is important that all medications are given as directed until finished unless otherwise directed. If your pet experiences vomiting, diarrhea, is extremely lethargic or is unwilling to eat, please contact us or your Veterinarian immediately.

Sutures and skin staples should be removed at 10-14 days post-surgery. Please schedule this appointment with your Veterinarian.

Your pet will have a recheck and radiographs performed at 6 weeks post-surgery; at which point Dr. Stoll will make recommendations for decreasing restrictions, increasing exercises, and schedule a time for next recheck (typically around 10 weeks post-surgery).

**If you have any questions, concerns, or problems please contact us at
(910) 512-8912 or e-mail: drstoll@ccvss.org**